TAEKYON\PINKBELT-JIUJITSU/ WeEESTLING✓

Dumbbell Swing: 5 sets of 10, 8, 6, 4, 2 repetitions
100lb.,105,110,115,125 lb.
Sled Drag: 3 x 60 seconds, 30 seconds, 15 seconds
200lb.,206,211,216,226lb.
Deadlift: 5 x 10, 8, 6, 4, 2
300punds,305lb.,310,315,325lb.,343lb.
Tire Flip: 3 x 50 yards, 25 yards, 10 yards
55lb.,75lb.,95lb.
Woodchopper: 5 x 10, 8, 6, 8, 10
111lb.,121lb.,131lb.,141lb.,151 lb.
Farmer's Walk: 3 x Failure (go as long as you can)
400lb.,500lb.,600 lb.

This is a sample full-body strongman-style conditioning workout built around progressive loading and descending rep/distance schemes across six main movements, suitable for strength and work-capacity development in a single session.[1]

What this session is

- It is a **pre-written** strongman-inspired workout, not something that needs "fixing"; each exercise, set, and rep scheme matches a published example of a strongman training day.[1]
- The structure emphasizes heavy loading, low-to-moderate volume per lift, and mixed time/distance/repetition prescriptions to build both maximal strength and conditioning.[1]

Exercise prescriptions

- Dumbbell Swing: 5 sets with reps 10, 8, 6, 4, 2, increasing load each set from 100 lb up to 125 lb.[1]

- Sled Drag: 3 timed sets of 60 seconds, 30 seconds, and 15 seconds with heavy loads in the 200 lb+ range.[1]
- Deadlift: 5 sets of 10, 8, 6, 4, 2, ramping up from roughly 300 lb into the low 300s, finishing with a heavier top set.[1]
- Tire Flip: 3 sets for 50, 25, and 10 yards with increasing tire weights from about 55 lb to 95 lb.[1]
- Woodchopper: 5 sets of 10, 8, 6, 8, 10 reps with gradually heavier loads from around 111 lb to 151 lb.[1]
- Farmer’s Walk: 3 sets to near-failure carries with very heavy loads in the 400–600 lb range total, focusing on maximal distance.[1]

How to use it in a week

- This session can plug into a strongman-oriented schedule as one “full body” or “events” day alongside other strength days in the week.[2][1]
- Recovery between similar heavy event days should be at least one day, and total weekly schedule needs to account for how taxing these loaded carries, drags, and deadlifts are on your lower back and grip.[3][1]

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How to progress weights safely for strongman carries

Best warm up routine before heavy sled drags and flips
How to structure recovery after a heavy strongman session

Progress strongman carries and events by treating them like heavy, technical main lifts: build capacity at submax loads, then push intensity while tightly managing fatigue and soft-tissue stress.

1. Progressing weights for carries

For yoke, farmer's, sandbag, and keg carries, progress more by **volume and density** than by weekly max testing.

- Start with a "race weight estimate" and build up from 60–70% of that for most work, using 3–6 runs of 20–40 m with crisp foot speed and zero form breakdown.
- Use a simple 3-week wave:
    - Week 1: lighter, longer (e.g., 60–70% for 30–40 m)
    - Week 2: moderate, standard distance (70–80% for 20–30 m)
    - Week 3: heavy, short (80–90% for 10–20 m)
      Then deload volume or intensity in Week 4 before starting a new wave.
- Only push above ~90% of goal weight every 2–3 weeks, and then for very short distances or single runs.
- Progression options when a weight feels "easy":
    - Add 5–10% load while keeping distance.
    - Keep load and extend distance by 5–10 m.
    - Keep load/distance and cut rest times slightly.
- Hard stops: cut the set if you lose bracing, start "stutter-stepping," or feel grip peel; carries to technical failure beat you up far faster than they build you.

2. Warm-up before sled drags and tire flips

Think in three layers: global temperature, pattern rehearsal, and specific ramp-up.

- General warm-up (5–8 minutes):
    - Easy cyclical work (row, bike, jump rope, or light sled) until light sweat.
    - Dynamic mobility: leg swings, hip circles, walking lunges with reach, arm circles, thoracic rotations.
- Pattern-specific prep (5–10 minutes):
    - For drags: light backward and forward drags, 2–3 runs of 15–20 m, focusing on posture and rhythm.
    - For flips:
        - Hip hinge drills (RDLs with empty bar/band), 2–3 sets of 8–10.

        - 2–3 technique-only flips with a very light tire emphasizing stance, chest/shoulder position, and drive through the feet.
- Progressive build-up sets:
    - Sled: 3–5 build-up sets, increasing load by small steps until work weight, with each run at 50–70% of your working distance.
    - Tire: 3–4 build-up sets of 1–3 flips, gradually approaching your working tire.
- Criteria before going heavy:
    - Heart rate down to controllable between sets, no lumbar tightness or pinching, and technique feels automatic at submax loads.

3. Structuring recovery after heavy strongman days

Recovery must respect axial loading, grip fatigue, and soft-tissue trauma from carries and events.

- Immediate post-session (0–2 hours):
    - 5–10 minutes low-intensity walking or very light cycling.
    - Gentle stretching for hip flexors, hamstrings, hip rotators, pecs, lats; no aggressive static stretching directly on irritated joints.
    - Hydration and food: prioritize fluids, 20–40 g protein, and some carbs within a couple of hours to start refueling.
- Next day (“active recovery”):
    - Easy 20–40 minutes of low-impact cardio (walk, bike, swim).
    - Low-load, full-ROM work: bodyweight squats, split squats, band pull-aparts, light rows, light carries (e.g., light suitcase or goblet carries) to keep tissues moving.
    - Avoid heavy spinal loading and maximal grip work for at least 24–48 hours.
- Weekly structure around a heavy event day:
    - Place the heaviest strongman session after a rest or light day.
    - Follow it with a lighter technical day or full rest, not another max lower-body or heavy pull day.

    - Limit truly maximal strongman event sessions (heavy yoke/farmer/sled plus deadlift) to about once per week; other “event” exposures should be lighter, faster, or more technical.
- Monitoring fatigue:
    - If low-back tightness persists >48 hours, grip is “gone” for more than a day, or bar speed on standard lifts drops markedly, pull back volume or intensity the next week.

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How to periodize loaded carry training for strength gains

Best accessory exercises to improve grip for carries
How to coach breathing and bracing during heavy carries

Periodize loaded carry training using block or linear models to drive strength gains while managing fatigue from high axial loads and grip demands.

Periodizing Carries for Strength

Loaded carries respond best to 4–12 week blocks that accumulate volume early, build intensity mid-cycle, and peak with heavy, specific work.

- **Weeks 1–4 (Accumulation/Hypertrophy)**: Moderate loads (60–75% max carry weight), higher volume (4–6 sets of 30–50m walks), focus on technique and work capacity. Increase distance weekly by 5m.
- **Weeks 5–8 (Strength)**: Heavier loads (75–85%), moderate volume (3–4 sets of 20–40m), emphasize controlled bracing and speed. Add 2.5–5% load weekly if form holds.
- **Weeks 9–12 (Peaking)**: Near-max loads (85–95%+), low volume (2–3 short sets of 10–20m), prioritize singles or doubles to competition distances. Deload volume in week 12.[21][22]

Alternate carry types (farmer's, yoke, sandbag) across blocks to balance stress; limit max sessions to once weekly.[23]

Grip Accessories for Carries

Target pinch, support, and crushing grip with 2–3 accessories post-main work, 2x/week, using 3–4 sets of 15–30s holds or AMRAP reps.

- Pinch grip: Plate pinches (hold two 10–25lb plates smooth-side out for time), towel rack pulls.
- Support grip: Double-overhand deadlifts (no hook grip), 30–60s farmer's holds at 70–80% max.
- Crushing grip: Thick bar holds, grippers (Captains of Crush protocol), or rice digs (fingers in bucket of rice).[24]
  Progress by time under tension first, then load; avoid failure to preserve CNS for carries.[25]

Coaching Breathing and Bracing

Teach a 360° brace with nasal breathing to maintain intra-abdominal pressure under heavy loads, reducing shear on spine.

- **Prep cue**: Instruct deep diaphragmatic breath into belt/belly (expand all around), then bear down as if blocking a punch—valsalva on exhale during steps.
- **Execution**: Inhale fully pre-walk, brace on exhale, maintain 70–80% pressure through strides; re-breath every 4–6 steps without losing brace.
- **Common fixes**: No shallow chest breathing (leaks power); if shoulders hike, cue "pack lats" and reset brace. Practice unloaded first, then add load incrementally.[26]

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How to integrate loaded carries into a 12 week peaking block

Programming frequency and volume for heavy carries weekly
Best progressions for unilateral loaded carry strength gains

Integrate loaded carries into a 12-week peaking block by reducing volume progressively while sharpening speed and specificity to hit peak capacity without accumulated fatigue.[34][35]

12-Week Peaking Integration

Place carries 1–2x weekly on heavy lower-body or event days, shifting from moderate volume to low-volume, high-intensity work.

- **Weeks 1–4**: 3–4 sets of 30–40m at 70–80% max load/distance; focus on even pacing and grip lock.
- **Weeks 5–8**: 2–3 sets of 20–30m at 80–90%; introduce competition-style implements (e.g., fat farmers).
- **Weeks 9–12**: 1–2 max-effort sets of 10–20m at 90–100%+; taper volume by 50% in week 12, testing openers week 11.[35][34]

Weekly Frequency and Volume

Heavy carries tax grip, core, and CNS heavily, so program conservatively: 1 heavy session + 1 lighter/technical exposure weekly max.

- **Frequency**: 1–2x/week total; heavy (>85%) once weekly, lighter (60–75%) for technique/volume on off day.
- **Volume guidelines**:

Session Type	Sets	Distance/Set	Total Distance
Heavy	2–3	20–40m	60–100m
Technique	4–5	15–25m	80–120m
Recovery	2	10–20m light	30–40m	[36][37]

Unilateral Carry Progressions

Suitcase, single-keg, or offset carries build anti-lateral flexion and obliques; progress via load waves over 4-week cycles.

- **Beginner (Weeks 1–4)**: Bodyweight + 40–50% BW per hand, 3x30–40m/side.
- **Intermediate (Weeks 5–8)**: 60–75% BW, 3x20–30m/side; add 5–10lb weekly if no lean.
- **Advanced (Weeks 9+)**: 80–100%+ BW, 2x10–20m/side to near-failure; alternate sides evenly.
  Alternate with bilateral every other session; stop set at first hip drop.[38][39]

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How to taper loaded carries during the final two weeks of peaking

Which loaded carry variations best transfer to strongman events
How to balance heavy carries with main lifts in peak week volume

Taper loaded carries in the final two weeks of peaking by slashing volume 50–75% while maintaining speed and technique to supercompensate without losing sharpness.[44][45]

Tapering Carries (Weeks 11–12)

Reduce frequency to 1x/week max; prioritize recovery and CNS freshness over grinding.

- **Week 11**: 1–2 sets at 85–90% max load for 50–70% of peak distances (e.g., 10–20m farmers), full rest between. Focus on explosive starts and zero misses.
- **Week 12 (competition week)**: 1 light technical set (60–70% load, 10–15m) 4–5 days out, or skip entirely if grip/core feels fried. Walkthroughs unloaded if comp-specific implements available.[46][47]

Carry Variations for Strongman Transfer

Farmer's walk, yoke walk, and frame carry variations transfer best due to direct event overlap and similar bracing/grip demands.

Variation	Key Transfer Events	Why It Works [48][49]

Fat-grip farmers	Farmers, frame deadlift	Builds crushing grip + posture under max loads
Yoke walk (high/low)	Yoke carry	Trains axial stability, quick foot speed
Trap bar carry	Any bilateral carry	Allows heavier overloads safely [48]
Sandbag bear hug	Keg/sandbag carry	Front-loaded core bracing + awkward shift

Prioritize 1–2 event-specific variations weekly in peak phase.

Peak Week Volume Balance

Keep total weekly volume ultra-low: main lifts at 40–60% normal, carries as 10–20% exposure to avoid interference.

- **Main lifts**: 2–3 sets/opener weight (e.g., squat/dead 3x2–3 at 85–90%), no grinders; upper body lighter/technical.
- **Carries**: 1 set/event at opener pace (e.g., farmers 1x20m 80%), placed after mains or separate light day.
- **Schedule example**:

Day	Focus	Volume Notes
Mon	Squat + light yoke	40% carry vol
Wed	Bench + grip work	No carries
Fri	Deadlift + farmers opener	20% total
Sat	Comp sim (light)	Technique only

Prioritize sleep/nutrition; drop if any fatigue signals.[45][44]

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Is this A BODYBUILDING GENERAL PHYSICAL PREAPAREDNESS PROGRAM or at least a😭 preiodidization of it??How to structure a two week taper for competition carries

Optimal intensity and rep ranges in final 10 days before meet
When to include high speed yoke carries in peak week planledgers

No, the provided workout (Dumbbell Swings, Sled Drags, Deadlifts, Tire Flips, Woodchoppers, Farmer's Walks with heavy progressive loads and failure sets) is a strongman-style general physical preparedness (GPP) session focused on work capacity, axial strength, grip endurance, and conditioning—not bodybuilding GPP. Bodybuilding GPP emphasizes higher-rep hypertrophy (8–15+ reps), isolation accessories, metabolic stress, and muscle volume across multiple sessions weekly, lacking the event-specific, low-rep heavy carries and odd-object work here.[53][54][55]

Two-Week Taper for Competition Carries

Cut volume 60–80% while keeping 1–2 crisp exposures weekly to maintain technique and supercompensate.[56][57]

- **Week 1 (11 days out)**: 1 session, 1–2 sets per carry at 80–90% comp load for 50–70% distance (e.g., farmers 1x20m), 3–5 min rest. Follow with light grip/core accessories.
- **Week 2 (final 7 days)**: 1 light technical session 4–5 days out (60–75% load, 10–15m or walkthroughs); rest or mobility only after. Skip if grip/core feels off.[58]

Final 10 Days: Intensity/Rep Ranges

Prioritize 80–95% intensities for 1–3 short reps/sets to sharpen neural drive without fatigue; no failure or high volume.[59]

- Days 10–7: 1–2x opener-weight carries (85–90%, 1–2x10–20m).
- Days 6–3: Technique only (70–80%, 1x full distance).
- Days 2–1: Unloaded walkthroughs or full rest.[56]

High-Speed Yoke in Peak Week

Include high-speed yoke (80–90% load, max velocity short bursts) early in peak week (Days 7–5) on a non-max deadlift day to boost power without taxing recovery.[60]

- 2–3x10–15m sprints, full recovery; pair with lighter mains. Avoid Days 4–1 to preserve bracing freshness for comp yoke.[61]

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Neck 5*5@100lb.,200lb.,100,200,100,200 lb .

No, this neck protocol (5x5 alternating 100 lb. and 200 lb. loads) is not a bodybuilding GPP structure—it's a strongman/functional strength progression emphasizing heavy isometric or harness-based neck work for axial stability and impact resistance, akin to combat sports or grappling prep.[69][70]

Neck Protocol Analysis

The alternating load scheme builds resilience through contrast loading: lighter sets (100 lb.) maintain form and blood flow, while heavy doubles (200 lb.) drive neural strength without excessive volume.

- Treat as 5 sets of 5 reps total, odd sets at 100 lb. (warm-up/technique), even sets ramping to 200 lb. max effort.
- Execution: Use neck harness for controlled flexion/extension or lateral work; brace fully, exhale on tension, no momentum.[69]
- Frequency: 2–3x/week post-main lifts or in warm-ups; progress by adding 5–10 lb. to heavy sets every 2 weeks if 5s stay clean.[71]

Progression and Safety

Pair with strongman carries for transfer—strong necks reduce shear during yoke/farmers.[70]

- Week 1–4: Hold current loads, focus on 3–5s isometrics per rep.

- Deload every 4th week to 100 lb. x 3x5.
- Red flags: Stop if dizziness, pinching, or trapezius dominance; start lighter (50–75 lb.) for beginners.[72]

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DECLINE SITUPS 4*25@100LB.,50LB.,100,50 LB.

Decline sit-ups for 4 sets of 25 reps alternating 100 lb. and 50 lb. loads form a high-volume core endurance protocol, ideal for strongman or combat sports GPP to build anti-extension strength and midsection resilience under load.[79]

Protocol Breakdown

This contrast loading (heavy/light alternation) drives metabolic stress and sustained tension: heavier 100 lb. sets target deep bracing capacity, lighter 50 lb. sets maintain rep quality and pump without full fatigue.

- Sets 1 & 3: 100 lb. (focus on full ROM, explosive concentric, 2–3s eccentric control).
- Sets 2 & 4: 50 lb. (higher speed, perfect lockout to minimize hip flexor dominance).
- Execution: Feet anchored, plate chest-loaded; brace 360° on every rep, exhale at top.[79]

Programming Context

Fits your strongman GPP template as a finisher after carries/deads, 2–3x/week max to avoid lumbar overload.

- Progression: Add 5–10 lb. to heavy sets every 2 weeks; drop reps to 20 if form breaks.
- Pair with neck work for full axial prep; recover 48+ hours from heavy spinal loading.[79]

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CRUNCHES 4*30 @ 170LB.,175LB.,179,175 LB.

Crunches for 4 sets of 30 reps with progressive loading from 170–179 lb. create a brutal high-volume anti-flexion core builder, perfect for strongman GPP to reinforce spinal stability under extreme tension alongside your carries and neck work.[80]

Protocol Details

The tight load ramp (170, 175, 179, 175 lb.) emphasizes controlled progression within one session: peak at set 3, then drop slightly to maintain rep quality and squeeze out the finisher.

- Execution: Cable stack, machine, or plate-loaded crunch emphasizing full rectus contraction, 1–2s hold at peak flexion, slow eccentric; exhale forcefully on crunch.
- Tempo: 2-1-2 (eccentric-pause-concentric) to maximize time under tension without lumbar rounding.

Programming Fit

Slot as a core finisher 2x/week after heavy sessions (deadlift/carries), alternating with decline sit-ups to hit multiple planes without overtaxing recovery.

- Progression: Add 2–5 lb. per session when all 30s hit clean; deload to 3x20 at 150 lb. every 4th week.
- Volume cap: No more than 120 total crunch reps/session; monitor for rectus strain or grip fatigue from plate holding.[80]

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Can you win a physique contest with this routine

No, you cannot win a physique contest with this routine alone. It builds exceptional functional strength, core resilience, and work capacity for strongman or combat sports,

but lacks the hypertrophy volume, isolation work, and metabolic stress needed for competition-ready muscle size, shape, and definition.[81][82]

Why It Falls Short for Physique

This program prioritizes low-rep heavy compounds, odd-object carries, and high-load core (e.g., 100–200 lb. neck work, 170+ lb. crunches) that thicken the midsection and traps but don't sculpt lagging muscle groups or create the V-taper/separation judges demand.

- Missing: 15–30 set weekly volume per body part, drop sets, supersets, 8–15 rep isolations (e.g., lateral raises, leg extensions, cable flyes).
- Core emphasis bloats abs rather than etching them; heavy spinal loading hinders peak-week dehydration and posing practice.

Required Modifications for Contest Prep

Switch to a 12–16 week bodybuilding-specific peak with this as your GPP base.

- **Hypertrophy Phase (Weeks 1–8)**: Cut carries to 1x/week light; add 4–5x10–15 isolations per session.
- **Peaking Phase (Weeks 9–12)**: Drop all strongman work; pump-focused 12–20 rep finishers, carb cycling, posing 20 min daily.
- Keep core loaded but lower reps (e.g., crunches 4x12–15 at 100 lb.) to maintain bracing without waist thickness.[82]

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How to modify this routine for peaking before a show

Nutrition and contest day carbohydrate strategies for physique shows
Posing practice schedule to complement this training routine guide for beginners

No, this strongman-style routine cannot reliably peak you for a physique show victory without major modifications—its heavy spinal loading, low-rep compounds, and high-load

core work (e.g., 170+ lb crunches, 200 lb neck) build functional thickness but block the dryness, separation, and V-taper needed for judging.[91]

Routine Modifications for Peaking

Shift to pump-focused, high-rep training 4–6 weeks out, eliminating all carries, sleds, and odd objects; keep only core at reduced loads.

- **Weeks 5–3 out**: Drop to 3x/week, 12–20 reps/exercise (e.g., crunches 4x15–20 at 100 lb max), add isolations (laterals, flyes, leg curls) 3–4 sets/body part.
- **Week 2 (deload)**: 2x/week circuits, 15–25 reps light (e.g., decline sit-ups 3x20 bodyweight), posing 15 min post-workout.
- **Week 1**: Pump-up only (bands/bodyweight, 20–30 reps), no heavy core >48 hours pre-stage.[92][93]

Nutrition and Carb Strategies

Use carb depletion/loading with water/sodium cuts for glycogen fullness and subcutaneous dryness; base on your maintenance (assume ~3k–4k cals from routine intensity).[94][91]

- **Days 7–5**: Deplete—low carb (100–150g from veggies), high volume training, 2g sodium, 2 gal water.
- **Days 4–2**: Load—ramp carbs to 8–12g/kg BW (e.g., rice, potato), drop water to 1.5 gal, maintain sodium.
- **Day 1**: Baseline carbs (4–6g/kg), minimal water/sodium; sip electrolytes.
- **Show day**: Small carb hits (rice cakes, honey) 60–30 min pre-stage for pumps, 20–40g CHO during holds.[91]

Posing Practice Schedule

Practice 15–30 min daily from week 6 out to build mandatory poses and transitions without fatigue.

- **Weeks 6–3**: 15 min post-workout—front/side chest, vacuum, most muscular; film weekly.

- **Weeks 2–1**: 20–30 min morning + evening, full routine with transitions; add pump-up (pushups, laterals).
- **Peak week**: 10–15 min light daily + 20 min pre-stage pump/posing; focus stamina for 5–10 min holds.[92]

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Optimal carb loading timing for maximal muscle fullness

Safe water and sodium taper strategy in peak week
One day carbohydrate loading protocols for natural athletes

Optimal carb loading for maximal muscle fullness in physique peaking uses a 36–48 hour protocol starting 2–3 days pre-show, hitting 8–12g carbs/kg bodyweight daily to supersaturate glycogen stores.[101][102]

Carb Loading Timing

Start moderate depletion (100–200g carbs/day) 4–5 days out with high-rep training, then load aggressively: Days 3–2 (8–10g/kg from rice, potatoes, oats), Day 1 (10–12g/kg) for peak intramuscular water retention and 3D muscle shape without spillover.[103][104]

Safe Water/Sodium Taper

Avoid extreme cuts; taper conservatively to prevent cramps or flatness—maintain 2–3g sodium daily through Week 1, drop 20–30% Days 3–2 if bloating occurs, then normalize Day 1 with electrolytes.[102][105]

- Water: 1.5–2 gallons steady through Day 3, sip-to-thirst Days 2–1 (no <0.5 gal).
- Monitor: Urine pale yellow, no headaches = good; adjust +500mg sodium if vascularity fades.

One-Day Carb Protocols for Naturals

For conservative naturals, front/mid-load single day works: Day 3 or 2, surge to 10–15g/kg (split 6–8 meals: rice cakes, honey, dextrose) after low-carb Week 1, then taper to 4–6g/kg Day 1—less GI risk, reliable fullness.[106][101]

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